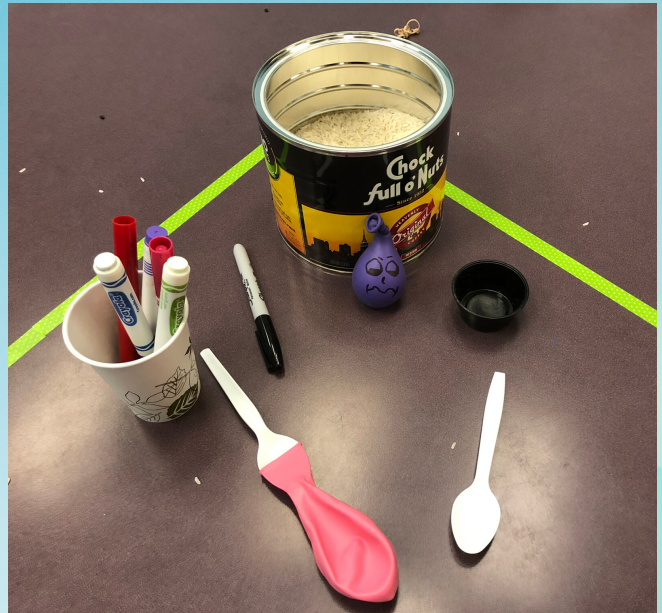


Homemade Stress Ball!

MATERIALS NEEDED

- Balloon
- Rice
- Marker
- Spoon
- Small Scooper



ESTIMATED TIME: 10-15 min

STEPS

1. Stretch the balloon with your hands. Blow into it after stretching it and let the air out.
2. Grab a spoon (it can be plastic or metal) and put the round part halfway through the balloon hole.
3. Using your little scooper, scoop up some rice and pour it into the balloon. (This can take some time, so play some music while scooping!)
4. Once the balloon is full of rice, you may want to blow a little extra air in it.
5. Tie the balloon closed. (Get your parents help with this part.)
6. Decorate with a marker. But be careful, the marker can stain your hands. So after drawing, let it dry for a bit.
7. Congratulations! You now have your very own stress ball. Now SQUEEZE!